



Harvest of the month: Featured produce in the Holly Park and High Point Farm Stands: Salad mix, spinach, snow peas, baby bok choy, kale, green onions, mizuna, and radishes are the perfect starting point for creating light and healthy meals for spring.

**Given below are some of the Health Benefits of Leafy Greens:**



**Romaine lettuce** is widely used in salads and is highly beneficial for health. The nutritional benefits of romaine lettuce include an abundance of vitamin A, beta-carotene, vitamin K, folic acid and vitamin C to name a few. Vitamin A helps the health of the eyes, age-related macular degeneration, and serves a purpose in the fighting of cancers. Plus, it lasts a lot longer in your fridge!



**Red leaf lettuce** is a loose-headed type of green leaf lettuce. Good source of Vitamin A.



**Swiss chard** packs a huge amount of vitamin A. Swiss chard is especially beneficial in the maintenance of bone health. Great source of antioxidants. Related to spinach and beets, Swiss chard helps prevent inflammation. Promotes lung and digestive health.



**Kale** provides an excellent source of vitamins B6 and C, carotenes, and manganese. High in vitamins A and C it is a powerful antioxidant too. Many experts consider kale to be the healthiest vegetable on the produce stand, it's a cancer fighter, and helps to control blood pressure.



**Arugula:** Also called rocket, roquette, and rucola, arugula is peppery and aromatic. Experts say that one of the most significant health benefits of arugula is to improve our blood quality. Arugula is rich in phytonutrients, which may reduce the risk of several kinds of cancer. Like other greens, arugula is most nutritious when eaten raw and should be juiced or well-blended for optimal nutrient digestion and assimilation. Add it to a salad for a spicy kick.



**Spinach:** Spinach is packed with vital nutrients such as iron and beta-carotene and it's a good source of fiber. Spinach contains choline and inositol, the substances that help to prevent atherosclerosis or disease of the arteries. Studies have demonstrated that diets high in dark green vegetables such as spinach are associated with decreased risk of colon cancer.



**Baby bok choy:** Baby bok choy is smaller and more tender than mature bok choy. A popular ingredient in Chinese cooking. It is low in calories and high in phytonutrients, and Vitamins A, C and K. Also, Bok Choy is a member of the highly nutritious dark green leafy vegetable family.



**Tat Soi** or tatsoi is an Asian green that is also called flat cabbage. Arugula & Tat soi: A crazy salad. Tat soi is much milder, like broccoli. Just cut the plants at the base and strip the leaves off the stems. Keep the flowers and buds: they look great in the salad and they're all edible. You could mix these with other salad greens, slice some mushrooms, tomatoes, green onion. For a bit of sweetness and visual interest you may want to add sectioned oranges or kiwi. You can dress the salad with your favorite vinaigrette. Or squeeze a bit of lemon juice, some quality extra-virgin olive oil, salt and pepper to taste. Simple. Delicious. Fresh.



**Mustard greens** provide an excellent source of vitamins B6, C, and E, folic acid, calcium, carotenes, manganese, copper and fiber. Mustard greens are very valuable in the prevention and cure of the reversible airway obstructive disorder, asthma and certain other immunerelated disorders. A diet consisting of a regular intake of vitamin C-rich foods, like mustard greens, provides defense against inflammatory polyarthritis, a type of Rheumatoid Arthritis involving two or more

joints. The first and foremost step prior to the preparation of the vegetable is its thorough cleaning and washing with water.

The best way to clean mustard greens is by placing them in a large bowl containing tepid water and use swishing movement of the hands. Repeat this process several times until the leaves are clean, with no signs of dirt or dust. Next, fold the leaves in half, with the top of the green folded inwards. Then cut along the stem and remove.



**Collard greens** offer an excellent source of vitamins B6 and C, carotenes, chlorophyll, and manganese. Collards are a form of the Brassica family which includes broccoli and cauliflower and they are also related to kale, but their dark blue-green smooth leaves make them quite different and recognizable. They are absolutely scrumptious when served as a “mess o greens” with black-eyed peas and cornbread or hush puppies and catfish freshly caught. It has been stated in the Neurology Journal that eating collard greens three times a day lowers the decline of mental function by as much as 40 percent.

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